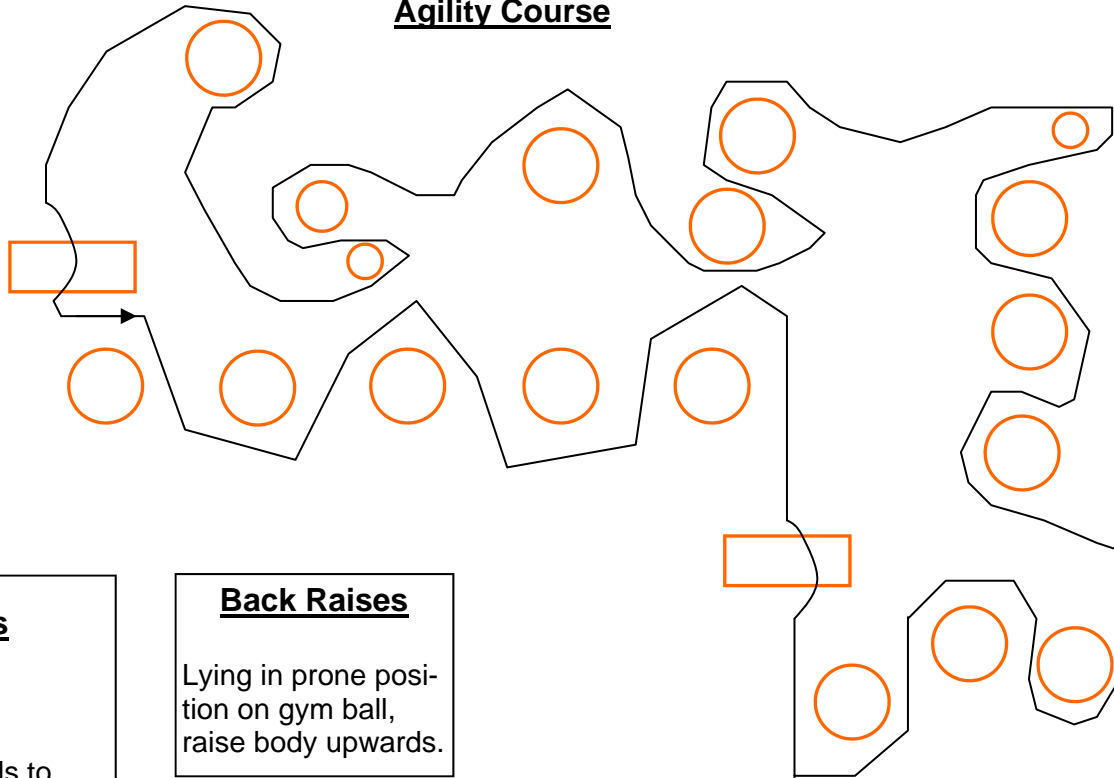


Circuit

Agility Course



Shuttles

Run forwards to marker, run backward to start, repeat, with markers getting further away.

Back Raises

Lying in prone position on gym ball, raise body upwards.

Tuck Jumps

Jump upwards, pull legs towards body.

Jump - Hop

Move forward, jumping & hopping on alternate legs.

Bridging

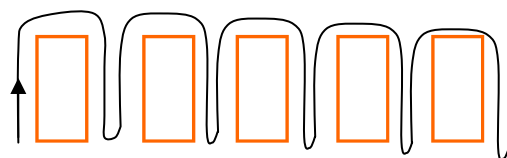
Lie in prone position, supporting body on toes & forearms.

Lying on side, supporting body on forearm & lateral side of foot.

Squats

Squatting with weight placed on top of shoulders.

Box Jumps

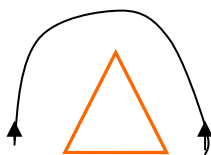


Bounding over boxes with hands behind back.

Standing Jumps

Two foot jumps forward, from a standing start.

Cone Jumps



Bounding over witches hat sideways with hands on head.